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Rebound® ACL

An Evolution in Bracing



In recent years we have seen a growth in medical practitioners suggesting patients manage their ACL injury conservatively, delay surgery and more involved rehabilitation protocols after surgery. Fitting into this landscape, the Rebound ACL can apply a posteriorly directed drawer force on the knee; this may:

- Reduce strain on a healing ACL for a partial tear.
- Reduce strain on an ACL graft to potentially prevent 'graft creep'.
- Prevent unwanted anterior drawer at the knee in general while the patient is rehabilitating from surgery or the injury.

[Learn More](#)

Rebound® ACL Fitting Tips

with Tim Amor (Clinical Orthotist, Össur)



I have completed a number of successful fittings with the Rebound ACL. Both post-operatively and pre-operatively. The fitting is quite straightforward and patient feedback to the brace has been very good. Here are my fitting tips for the Rebound ACL.

1. Sizing



This brace needs to be sized by a circumference measurement 15cm below mid-patella and is left and right specific. The injured leg may be swollen, in which case sizing from the sound leg is a good option. If the patient is swollen after surgery during brace application, consider thinner condyle pads and applying a mild stretch to the brace to open it up as it is quite flexible in the ML direction.

2. Donning



Insert the correct RoM stops into the brace. With patient prone, slide the brace under the extended leg and place the leg into it. Ensure the centre of the hinge of the brace is roughly at the proximal border of the patella. Follow the strapping order from 1-6 on the brace. Make sure strap 1 is high on the tibial tuberosity.

3. Tensioning



There are two shear knobs we can use. White at 125NMS of force, black at 88NMS of force. We will use the white knob for adults with regular sized limbs with autografts. The black knob may be selected for petite patients, allografts, those with multi-ligament injuries and patients who are unable to tolerate the full force of the brace, which is substantial. Insert the shear knob into the key

and twist the dial until the neck of the shear knob snaps.



4. Finish & Follow Up

Protocols for wear will vary depending on referrer and stage of injury. To ensure we get the same force system applied on re-application we will need to mark the straps to make sure the Velcro is done as tight as during the initial fit. I suggest using chalk, a paint pen, white out or a thin strap of strapping tape to mark the ends of the straps.

The brace and straps will stretch slightly and the volume will also change. I recommend seeing the patient for a follow up at 1 week of fitting to check dial tension and to do a potential re-fit.

Follow up after this should be regular and re-tensioning the brace will be required. Every brace will come with 3 white shear knobs, so ordering additional stock may be required for some patients. To do so, please reach out to your local sales rep or contact Össur's customer service team on 1300 123 268.

[Watch Fitting Video](#)

Unloader One® Lite

Product Discontinuation Notice



We wish to notify you that Össur will discontinue manufacturing the Unloader One Lite knee orthoses as of 31 December 2021, however, depending on local warehouse inventory some sizes may sell out sooner.

This discontinuation will allow Össur to continue its ongoing investment in its global bracing and supports portfolio, particularly within the OA Solutions portfolio. We look forward to sharing future product developments with you.

We will endeavor to answer any concerns as best we can, and rest assured that we will

continue our clinical and technical support of the Össur Unloader One Lite for as long as you still have stock on hand or on patients. We thank you for your understanding and encourage you to reach out to us with any further questions you may have.

Contact Us

Don't Miss Out on our Next Webinar

The Changing Face of ACL Injury Management in Australia



Internationally renowned Orthopaedic Surgeon Mr Nigel Hartnett will present on the changing face of ACL injury management in Australia and how current management does not always equate to best practice. Nigel will cover the factors and his decision algorithm for determining when non-surgical or surgical ACL management is required. Nigel will also speak on how allied health professionals can assist patients to rehabilitate following an ACL injury with or without surgery. Nigel will also speak about ACL prevention strategies and the Rebound ACL brace from Össur and how it can assist patients during their rehabilitation.

Date: Wednesday, 14 April 2021

Time: 7:00pm - 8:00pm AEST

Register Today

Joke of the Month



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